



HEALTHCONNECT

connecting patients for better health

AUGUST 2016

SLEEP HYGIENE

Did you know that there is a single activity, that when performed once a day for the right amount of time and quality can improve memory and mood, decrease risk of high blood pressure and heart disease, and lead to better job performance? Most of us probably feel like we don't get enough sleep, and this is probably true. Although sleep needs vary from person to person there is a recommended amount of sleep each of us should be getting every night. Newborns should get 16–18 hours a day, Preschool-aged children 11–12 hours a day, school aged children at least 10 hours a day, teens 9–10 hours a day, adults (including the elderly) 7–8 hours a day. If you routinely lose sleep each night, the loss adds up and you will go into a sleep debt which can be detrimental to your health. Some try to make up for sleep lost by taking naps, which can be a temporary energy booster, but will not give you all the benefits of a full cycle of night time sleep. Lack of sleep can cause slower reaction times, impaired memory, a weakened immune system, negative moods and lack of motivation, increase in feelings of sleepiness during the day, and weight gain especially in the younger population. If you have any concerns about whether or not you are getting enough sleep, try using a sleep diary for a couple of weeks. Keep track of how much you sleep every night, how alert and rested you feel when waking up, and how tired or sleepy you feel during the day. Review your results with your PCM and get help on how you can improve your sleep. You should also talk with your doctor if you sleep more than 8 hours a night, but don't feel well rested. You may be feeling the effects of a sleep disorder or other health problem.

Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
www.RelayHealth.com

NATIONAL IMMUNIZATION AWARENESS MONTH

National Immunization Awareness Month (NIAM), sponsored by the National Public Health Information Coalition (NPHIC) is an annual observance held in August used to bring awareness to different vaccines and the important roles they play in preventing serious, sometimes deadly, diseases. Communities have continued to use the month each year to highlight the importance of vaccines for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. CDC.gov offers a great amount of information and a toolkit that can help you keep track of which vaccines to get, how often, for who, and what time of year. Each week of NIAM16 focuses on a different stage of the lifespan, so that people of all ages can protect their health. Adults are covered from AUG 1-7, pregnant women Aug 8-14, babies and young children Aug 15-21, and preteens and teens from Aug 22-28. Visit <https://www.nphic.org/niam> for more information on the observance.





INFLUENZA

What is the influenza virus? Influenza is a contagious respiratory disease, commonly referred to as the flu. The flu is highly contagious and anyone can contract it. Even healthy adults and children can get very sick from the flu and spread it to family members and friends. Infected persons are capable of spreading the virus before and during the time they look or feel sick, it only takes breathing in microscopic droplets from an infected person to contract it. Another way to get the flu virus is by touching contaminated surfaces and then touching your mouth or eyes, try to always wash your hands before touching your face. The flu virus can lead to serious complications, hospitalization, or even death. Vaccination is the single best way to protect against influenza. Because influenza is so highly contagious, the ACIP / CDC recommends annual influenza vaccination for all everyone, especially those working in a health care setting who may be exposed to patients- directly or indirectly. Get your vaccine so you don't become "that person" friends, co-workers, or family members. Receiving the vaccine every year also helps protect you from catching the flu. For those working in the medical field employed by the DOD, exemptions can be granted on the basis of medical, religious, or workplace exceptions. However, exemptions can only be granted by the Influenza Vaccine Exemption Committee (IVEC), and employees must submit a waiver request by August 1st. Inactivated (injectable) influenza vaccine will be available this year, including those for people with egg allergies. The live attenuated influenza vaccine (FLUMIST) will not be available this year, since the CDC found that it did not provide adequate protection to those vaccinated during the past three influenza seasons. If you have questions about vaccine safety or efficacy call 1-877-438-8222. Your PCM or the DHA-Immunization Healthcare Support Center are additional resources for medical information, and information on where you can safely get vaccinated.

HEALTHY WEIGHT

ShipShape Weight Management
Program - 8-week intensive program
for adults. To register, call the HRAC
at (866) 645-4584

Right Weight - 4-week program for
learning to manage your weight
the right way. To register, call
(757) 953-1925 or 953-9247

For more information on Health
Promotions and Wellness
Department programs and
resources, call (757) 953-1925

TOBACCO CESSATION

Workshop - 1st Mondays, 8 a.m. to
noon

4-week class - begins 1st Tuesdays,
1-2:30 p.m.

Tobacco Meditation Walk-In Clinic -
1st Tuesdays, 2-4 p.m.

For more information, call (757) 953-
1927 or 953-1925



national
IMMUNIZATION
awareness month

ENSURE A HEALTHY FUTURE
with vaccines.



SET SAIL FOR WEIGHT LOSS



Get Ready. Get Fit. Get Healthy.

GET CONNECTED

**Download the NMCP app today
and get access to:**

- News and announcements
 - Interactive maps
 - Pharmacy wait times
 - Telephone directory
 - Safe Ride
 - Relay Health
 - ICE feedback
- and so much more!**



For those wanting to join a fitness program and to not endure their weight-loss journey alone, Naval Medical Center Portsmouth (NMCP) Wellness Department offers ShipShape, an 8-week weight-management program, and Right Weigh, a 4-week course.

ShipShape is recommended for members who exceed, or who are in danger of exceeding, body composition analysis (BCA) standards. Over the course of eight weeks, participants meet every designated Thursday for an hour of classroom instruction focusing on nutritional information and ways to be healthier. Following the classroom time, the group spends about an hour in the gym. The goal of the program is to show the ways to foster a healthy lifestyle resulting in maintaining appropriate BCA standards.

ShipShape focuses on: learning how to fuel the body for better mental and physical performance; increasing physical activity to increase strength and endurance; and developing skills to help maintain a healthy weight and lifestyle.

While in the gym, a variety of exercise and physical activity routines are taught that can help burn fat and develop muscles. With the help of the ShipShape staff, participants will plan an individualized system of goals and rewards to stay motivated; in addition, they will learn how to strengthen their problem solving skills and manage stress in order to avoid diet or exercise relapses.

"Shipshape focuses on introducing participants into something new by learning how to exercise the correct way, and the direction on the right way to burn calories and build muscle," said Alice Fitzpatrick, NMCP community health programs specialist. "We show them the right foods to eat to help with recovery and keep metabolism high."

The other program offered is Right Weigh. It's designed for active duty, retirees, adult family members and civilian personnel, and provides all the tools needed to live a healthy and active lifestyle. Right Weigh is a 4-week course that meets once a week for an hour.

"Our goal is to get the person to be aware of healthier eating, getting physical activity in, having a healthy approach to life, and to not be obsessive. This is a lifestyle change, not something you do for 4 to 8 weeks. Our goal is to instill that mindset," Fitzpatrick said.

Fitzpatrick added that they try to make the programs fun because some people are just told to go to it and they may see it as a punishment. She makes sure that the environment within the programs is light and interactive so it is an enjoyable experience and not stressful.

"What people want to do is say 'this is what you have to do,' but we have to help them come up with it themselves," Fitzpatrick said. "The motivation is stronger if it comes from them, if they are just doing it because they were told to, then it's not going to be strong."

According to Fitzpatrick, instructors try to get participants to find the motivation within them and perceive it as something that is acceptable to them and not negative.

"When you have negative mindset it's hard to change and motivation goes down. We want to help keep their motivation up and their confidence up too."

For more information on ShipShape and Right Weigh, contact Alice Fitzpatrick at alice.g.fitzpatrick.civ@mail.mil or call 757-953-9247.

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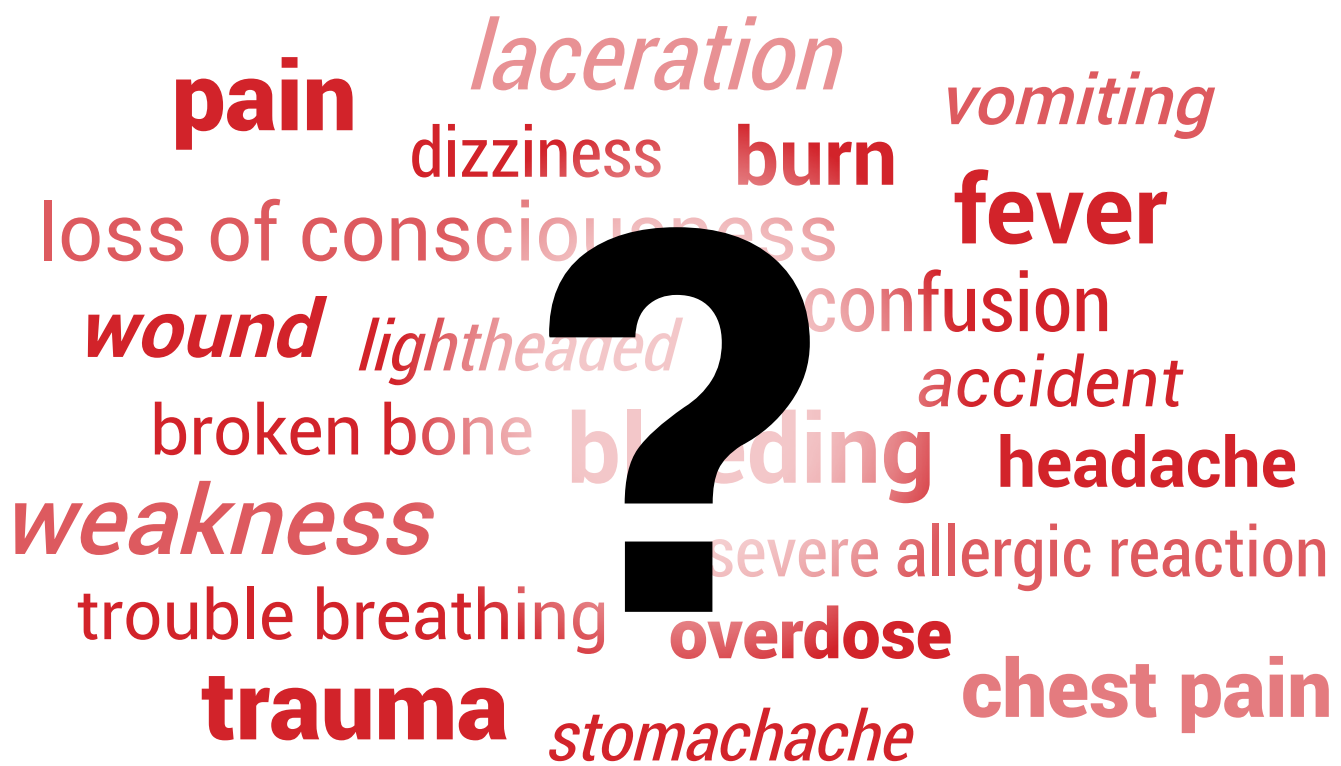
patients with a PCM at one
of our ten facilities

22

Medical Home
Port teams

440,000

patients we serve - active
duty, retired and families



Do you know when to go to an emergency room (ER)?

According to the American College of Emergency Physicians, you should visit the ER if you have any of the following warning signs or conditions:

- Chest pain or pressure
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Severe allergic reaction
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, or changes in vision
- Severe or persistent vomiting or diarrhea
- Changes in mental status, such as confusion

ER waiting room times can be as long as 4 hours

If you are not experiencing any of the above symptoms, consider these options:

Call the TRICARE Nurse Advice Line, 1-800-TRICARE, Option 1; available 24/7

or call the Hampton Roads Appointment Center to see if there are any available appointments; 1-866-MIL-HLTH (1-866-645-4584)

